



Kingsport Senior Center News

May 2013

Volume XXI Edition 5

1200 East Center Street
Kingsport, Tennessee 37660

Biltmore Estate Holiday Trip

November 21-November 22, 2013

Your 2 day/1 Night package includes:

- 1 night hotel accommodations and breakfast
- 1 Holiday Dinner at the Biltmore Estate
- 1 Festive Holiday Lunch at the Grove Park Inn
- Self guided "Candlelight Tour" of the Biltmore House
- Admission to Biltmore Estate and Gardens
- Wine tasting at the famous Biltmore Estate Winery

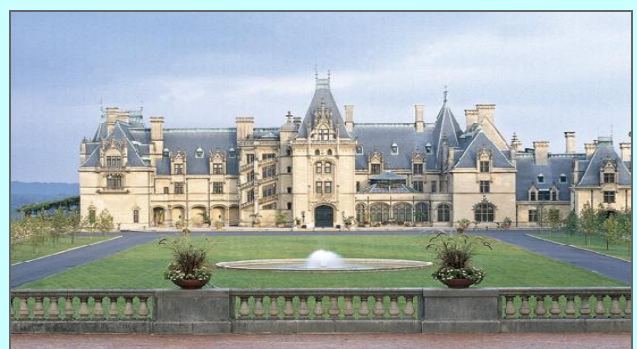
\$100 deposit due at sign up

Final payment due November 1.

Sign up begins May 8.

Cost:

\$344.00/person– Double Occupancy



Travel Protection Plan:

\$51.00/person-double occupancy



Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>

Center Hours

**Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-0134**

**Hours: 9am to 2pm ~ Monday ~ Friday
(See Branch Site Page for more information)**

***The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2012-June 30, 2013**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Program Leader ~ Michelle Tolbert
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392-8404

Wellness Coordinator ~ Kevin Lytle
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392-8407

Program Leader ~ Marlana Williams
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423-392-8405

Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400, **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Diana Broyles
dianabroyles@kingsporttn.gov
247-5942

Nutrition Site Manager ~ Sona Bingham
246-8060

The Senior Center will be closed on the following days for Memorial Day Holiday.

Saturday, May 25 and Monday, May 27, 2013.

WELLNESS

BLOOD PRESSURE CHECKS

SunCrest Home Health Care will be at the Senior Center outside the office for the month of May, every Tuesday and Thursday from 9:00 am to 11:00 am to do blood pressure checks.

TOURNAMENTS

Pickleball Tournament: The tournament will be held at Lynn View on **Friday, June 7, 2013** at 10:00 am. This tournament will be doubles playing the best three games, with double elimination. The tournament will be rally score to 11 points, teammates will be drawn randomly; with prizes awarded to 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up on May 15, 2013.

Table Tennis Tournament: We will host a table tennis tournament on **Wednesday, June 12, 2013** at 1:00 pm in the Gym. Cost is \$2.00 per person due day of tournament. We will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with double elimination. Prizes for 1st, 2nd, and 3rd place only. Sign up on May 22, 2013.

HEALTH & WELLNESS FAIR

The Kingsport Senior Center’s Health & Wellness Fair will be on **Tuesday, June 18, 2013** on the 1st floor from 9:00 am to 11:00 am. **NOTE:** Registration will not start until 9:00 am! Come join us for a day of Wellness. Blood Pressure checks, and Chair Massages. Door prizes will be given during the Health Fair and you must be present at the time names are drawn to win. More information to come in the June newsletter. So mark your calendar for this very important date to be a part of the fun.

FIRST DISTRICT SENIOR OLYMPICS

For the following counties: Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington. District dates are September 14 - 21, 2013, entry deadline TBA. For more information call Teresa Sutphin, Coordinator at 423-722-5120 or visit the web site: www.tnseniorolympics.com.

MILK THIS NEWS

Holy cow! New research from Europe suggests that ***eating yogurt, cottage cheese, or other cultured dairy products may help protect you from type 2 diabetes.*** People in the study who ate 8 ounces a day of cultured dairy had a 12 percent lower risk of developing the condition than those who ate none. The probiotics in these foods may help your body produce a form of vitamin K that has been linked with decreased diabetes risk.

THE OIL SHORTAGE

Are you sabotaging your salads? ***Low-fat dressings may inhibit your body’s ability to absorb nutrients.*** In a Purdue University study, people who ate salads dressed with a moderate amount of an oil that’s rich in monounsaturated fat (such as canola oil) absorbed more disease-fighting carotenoids than those whose salads were drizzled with a small amount. Carotenoids are fat soluble, so their absorption may be boosted by dressings that contain more mono fats, the scientists say.

Fat Decoder: Whether it’s mono-or polyunsaturated, each kind of dietary fat has specific health effects. Read below to learn the types and which foods contain them.

MONOUNSATURATED

What you should know: Foods rich in these fats may help improve cholesterol and insulin levels and control blood sugar.
Food sources: Nuts, vegetables oil, canola oil, olive oil, peanut oil, avocado.

OMEGA-3 POLYUNSATURATED

What you should know: These fats may help reduce high blood pressure and lower your risk of heart disease.
Food sources: Canola oil, walnuts, flaxseed, oily fish (e.g., trout, herring, salmon).

OMEGA-6 POLYUNSATURATED

What you should know: Heart health depends on a balance of omega-3s to omega-6s; we take in up to 25 times more 6s than 3s.
Food sources: Soybean oil, corn oil, safflower oil.

NOT-SO-SWEET MEMORIES

Forget that can of soda now, or you may have no choice later. ***High "normal" blood sugar could raise your Alzheimer’s risk,*** say scientists in Australia. In a 4-year study, healthy people with the highest levels in the “normal” range (92 to 110 mg/dl) had the most shrinkage in brain regions critical for memory. Even if you don’t have pre-diabetes or diabetes, excess sugar in your bloodstream promotes clotting, which can deprive your brain of blood and oxygen, say study author Nicolas Cherbuin, Ph.D. In addition to cutting back highly processed carbohydrates in general, ditch the soft drinks completely-corn syrup speeds into your bloodstream even faster.

Humor Quote of the Month

Humor is a serious thing. I like to think of it as one of our greatest earliest natural resources, which must be preserved at all cost.
James Thurber

Daily Activities and Classes at the Center

Monday

SilverSneakers Muscular Strength
and Range of Movement ~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Quilting ~ 9:00 ~ Room 303
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Beginning Clogging ~ 10:00 ~ Room 302
Hand building~ 10:00 ~ Ceramic/Clay Room
Strength Training ~ 10:15 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302
Lap Swimming ~ 12:30-1:00~ DB Pool
Knitting ~ 1:00 ~ Room 303
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 8:00-2:00 ~ Multipurpose Room ~
(appointment only)
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basket weaving ~ 9:30-12:30 Room 303
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Dulcimer ~ 11:00 ~ Atrium
Good Neighbors ~ 12:15 ~ Lounge
Jam Session ~ 12:30 ~ Cafeteria
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Karaoke ~ 4:00 ~ Cafeteria (3rd Tuesday)
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Muscular Strength
and Range of Movement~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Intermediate Hand Building ~10:00~Ceramic/Clay Room
Strength Training ~ 10:15 ~ Gym
Clogging ~ 11:15 ~ Room 302

Hand and Foot Card Game ~ 12:30 ~ Card Room
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Table Tennis ~ 1:00 ~ Gym
Belly Dancing ~ 1:00 ~ Room 302

Thursday

Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Exercise for Everybody ~ 10:30 ~ Gym
Good Neighbors ~ 12:15 ~ Lounge
Jam Session ~ 12:30 ~ Cafeteria
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00 ~ Room 302

Friday

SilverSneakers Muscular Strength
and Range of Movement ~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room
Art Class ~ 2:00 ~ Room 303

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym



TRAVEL AND SPECIAL EVENTS

Olde Southern Holiday Trip:

December 18-December 20, 2013

Your 3 day/2 night package includes:

- 2 nights hotel accommodations with breakfast
- 1 Dinner with a fabulous Broadway Style Show
- Visit to the Historic Town of Old Salem
 - Visit to the Billy Graham Library
 - Guided tour of Charlotte

Cost:

\$344.00/person– Double Occupancy

Travel Protection:

\$51.00/person– Double Occupancy

\$100 deposit due at sign up
Final Payment due December 6.

Sign up begins May 8
For more information contact the
Senior Center at 392-8400

OTLB: Ridgewood BBQ

Friday, June 7, 2013
Bluff City, TN
10:30am-4:30pm
Cost: \$5.00/Lunch on your own

Sign up begins May 17.

Best Friends Festival

Wednesday, June 12, 2013
Norton, VA
9:30am-5:00pm
Cost: \$8.00

Free lunch, bingo, cake walk, music, and more!

Sign up begins May 10.

OTLB: River Place on the Clinch
Café & River Place Market

Wednesday, May 29, 2013
Kyles Ford, TN
10:30am-4:00pm
Cost: \$8.00/Lunch on your own

Café includes: Country cooking plus hamburgers, sandwiches, salads, and beans and cornbread served daily.
Wednesday special: Catfish and homemade apple turnovers.

Market includes: Gifts, grocery, fresh produce, homemade crafts, hunting and fishing, local goods, first aid, candy, etc.

Sign up begins May 1

TRAVEL AND SPECIAL EVENTS

Senior Appreciation Day at
Great Smoky Mountain
Lumberjack Feud

Wednesday, May 15, 2013
Pigeon Forge, TN
11:30am-6:00pm
Cost: \$36.00/All inclusive

Enjoy some good food and great
entertainment!!



Sign up begins May 3.

Southern Fried Funeral

Wednesday, June 5, 2013
Barter Theatre
10:30am-5:30pm
Cost: \$32.00/ Lunch on your own
Lunch at Ruby Tuesday

When Dewey Frye drops dead in the middle of a Rotary meeting, half the town of New Edinburgh, Mississippi turns out for his funeral, whether his widow Dorothy wants them or not. And goodness knows she already has her hands full with feuding daughters and a no good brother-in-law to deal with. Laugh-out-loud funny, this big-hearted comedy offers an affectionate look at southern family, manners, and traditions.

Sign up begins May 3.

Wolhfahrt Haus Presents:
Show Boat

Thursday, June 20, 2013
Wytheville, VA
9:45am-7:00pm
Cost: \$44.00 All Inclusive

Come aboard for a sweeping tale spanning four decades, Show Boat is a journey into the lives, loves and heartbreaks of three generations of show folks on the mighty Mississippi River. This Tony Award-winner features the musical highlights *Make Believe*, *Life Upon the Wicked Stage*, *Can't Help Lovin', Dat Man* and of course *Ol' Man River*.

Sign up begins May 3.

Five Oaks Shopping Trip

Friday, June 28, 2013
Pigeon Forge, TN
8:30am-6:30pm
Cost: \$8.00/ Lunch on your own



Sign up begins May 10.

Your Page

From the Dancing Corner

May Dance at THE RED ROOM

The May dance at THE RED ROOM will feature the **PATTI QUARLES TRIO** on May 10, 2013. Line dancing will begin at 6:30pm with the band starting at 7:00pm. Admission is \$8.00 per person or \$15.00 per couple. Please **DO NOT** bring food to this dance. A concession stand is available.

Patti has one of the longest playlists in the Tri-Cities. I think she knows about every song! You can enjoy a full variety of music genres and she welcomes requests. Along with Patti on keyboard, Tony Rominger plays sax, harmonica, and is also a terrific singer. John Lawniczak completes the trio on drums. Come out and enjoy the music and dancing!

THE RED ROOM is located at
Highway I-81, Exit 66,
234 Carolina Pottery Drive,
Blountville, TN.

Friends of the Kingsport Senior Center Presents

Friday, May 10, 2013

6:30—10:00 PM

★
May Dance
★

Admission:
\$8/person
\$15/couple
Contact: 423 288-2668

THE RED ROOM
234 Carolina Pottery Drive
Blountville, TN



Patti Quarles Trio

The Kingsport Senior Center Wii Bowling team “Up Your Alley” finished with a perfect season! Along with a (7-0) record the “Up Your Alley” bowlers also finished 1st in the conference, 1st in the State, and 7th in the nation out of 250 teams. Joyce Manis, Jim Allen, Jim Lane, Charles Gray, and Carole Keene all became members of the National Senior League Wii Bowling “300 club” for bowling a perfect game! Our team average was an astonishing 274! Congratulations on a great season!

Team members include: Angela Price, George Price, Joyce Manis, Jim Allen, Jim Lane, Charles Gray, and Carole Keene.



The winners, “The Computer Geeks”, of this years Omega Challenge.

NEWS TO USE

Bob Ross Style Painting Class

Wednesday, May 15, 2013

Room 303

10:00am-2:00pm

Cost: \$50.00 payable at sign up

Everything you need is included in the price and provided (paint, canvas, brushes).

Bring your lunch!

Maximum of 10 people

Sign up began April 16.

Medicare Options for Rehabilitation

Tuesday, May 14, 2013

Card Room

12:30pm-1:30pm

Free

Presented by HealthSouth reps
Shaun Wilkinson and Jeff Clark.

Refreshments provided.

Sign up began April 16.

A Tasty Treat from Marsha

Coconut-Pecan Pudding

Ingredients

1 cup pecans– chopped

1 1/2 cups coconut

1 stick of butter

1 cup flour (plain or self-rising)

Directions

Melt butter and add other ingredients. Stir until well mixed. Bake at 350 degrees for 20 minutes. Stir after the first 10 minutes. Remove from oven and cool.

Mix 2 boxes of instant pudding with 1 1/3 cups milk for each box until thick (you can use whatever kind/flavor of pudding you want.) I used sugar free vanilla and cheesecake flavors. Fold in one 8 ounce tub of Cool Whip.

After the coconut/pecan mixture has cooled, put 1/2 of the mixture in the bottom of a bowl or pan. Add the pudding mixture on top and finish with the remainder of the pecan mixture. This can be made the night before you want to use it. YUMMY!

Computer Classes

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

Internet Security

ONE DAY SEMINAR:

Monday, May 20, 9:00am-11:15am
and 1:00pm-3:15pm - \$10.00

This is an all day seminar. Each person should attend both sessions. One of the most important classes you will ever take. Learn how to protect yourself and your computer.

Microsoft Word

Tuesday, May 14, 21, 28, June 4
1:00pm-3:15pm
\$25.00

Payment is due the first day of class.

All classes, other than basic, require student to have basic computer skills, and have proficient skills in using a mouse, in order to take the class.

Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers.

For more information or to schedule an appointment, call Mary at 392-8433.

Beginning Pennywhistle

Begins Tuesday, May 14
Ends Tuesday, June 18

6 week class.
Tuesday's only.

Room 303
1:00pm-2:30pm

Cost: \$10 per class
paid to instructor

Sign up began April 16.

Generations Online Internet Class

Mondays, Wednesdays and Fridays
1:00pm - 5:00pm

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.

Computer lab is available for use unless a class is scheduled.

KARAOKE



Tuesday, May 21, 2013
4:00pm
Cafeteria



Joyce Manis at this years Easter Egg Hunt sponsored by New Vision Youth.

Genealogy Group

9:00am
Each Friday
Computer lab

Library Book Day

Thursday, May 16, 2013

Spring Classes 2013		
<p>Aerobics</p> <ul style="list-style-type: none"> Monday, Wednesday, Friday (ongoing) Time: 9:15am - 10:00am Location: Gym Instructor: Terri Farthing Lo-hi Impact Aerobics <p>Art Class - Painting</p> <ul style="list-style-type: none"> Friday Time: 2:00pm - 4:00pm Location: Room 303 Instructor: Ann Thwaites All types of media; painting and drawing <p>Ballroom Dance</p> <ul style="list-style-type: none"> Thursday Time: 5:00pm - 6:00pm Location: Room 302 Instructors: Walt and Margaret Baumgardner Learn to Waltz, Polka, Fox Trot and cut a rug <p>Basic Woodworking</p> <ul style="list-style-type: none"> Classes are 6 weeks Next class: Fall 2013 Senior Center Woodshop 9:00am - 11:00am Tuesdays and Thursdays Cost: \$50, materials not included Instructor: Howard Osborne <p>Massage Therapy Tuesdays with Debra Defrieze 30 minute massage Cost: \$15.00 call (423)791-4693</p>	<p>Ballroom Video Class</p> <ul style="list-style-type: none"> Tuesday Time: 4:30pm - 6:30pm Room 302 No instructor, practice to own music <p>Basket weaving</p> <ul style="list-style-type: none"> Tuesday Time: 9:30am - 12:30pm Location: Room 303 Instructor: Lynne Bowers <p>Belly Dance for Beginners (Women Only)</p> <ul style="list-style-type: none"> Monday Time: 11:30am - 12:30pm Location: Room 302 Instructor: Angela Price <p>Must have 8 for class to begin. Please sign up at office.</p> <p>Belly Dancing - (Women Only)</p> <ul style="list-style-type: none"> Wednesday Time: 1:00pm Location: Room 302 Instructor: Angela Price Great for your abdominals <p>Camera Club</p> <p>Please visit website for meeting times</p> <ul style="list-style-type: none"> Instructor: Claude Kelly Website: www.scphotogroup.com <p>Ceramics</p> <ul style="list-style-type: none"> Tuesday and Thursday Time: 9:00am - 11:30am Location: Ceramic/Clay Studio Instructor: Mary Lamson Please remember your annual \$10 firing fee 	<p>Clay (Hand building)</p> <ul style="list-style-type: none"> Monday Time: 10:00am - 3:00pm Location: Ceramic Room Instructor: Aleta Chandler Fee: \$30.00, plus \$10.00 firing fee <p>Clay (Intermediate Hand building)</p> <ul style="list-style-type: none"> Wednesday Time: 10:00am - 3:00pm Location: Ceramic Room Instructor: Aleta Chandler Fee: \$30.00, plus \$10.00 firing fee <p>Clogging - (Beginning)</p> <ul style="list-style-type: none"> Monday Time: 10:00am - 11:30am Location: Room 302 Instructor: Angela Price Must have 8 new beginners Sign up in office <p>Clogging - (Intermediate)</p> <ul style="list-style-type: none"> Wednesday Time: 11:15am Location: Room 302 Instructor: Angela Price <p>Dulcimer (Beginners)</p> <ul style="list-style-type: none"> Tuesday Time: 11:00am Location: Atrium Instructor: Peggy Ferrell Learn to play this beautiful instrument <p>Exercise for Everybody</p> <ul style="list-style-type: none"> Tuesday and Thursday Time: 10:30am Location: Gym Instructor: Kevin Lytle

Spring 2013 Classes Continued

Good Neighbors

- Tuesday and Thursday
- Time: 12:15pm
- Location: Lounge
- Staff
- Guest speakers, trips, bingo and fellowship

Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational singing at nursing homes

Harmonica Lessons

- Saturday
- Time: Beginner – 9:00am
Intermediate – 10:00am
- Location: Multipurpose Room
- Instructor: Bob Swartz
- Cost: \$5.00 per lesson
- This is an introduction to the harmonica class. You will need to purchase: 1 plastic comb, diatonic harmonica (Key of C), 1 copy of Mel Bay's Deluxe Harmonica Method by Phil Duncan, 1 wire music stand.

Jam Session

- Tuesday and Thursday
- Time: 12:30 noon
- Location: Cafeteria

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

- Monday - Friday
- Time: 12:30pm-1:00pm
- Location: Dobyys-Bennett pool
- No instructor, lap swimming

Mini Cardio Exercise Class

- Tuesday and Thursday
- Time: 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: John Plutchak

Renaissance Strings

- Tuesday
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Lucile Hincke and Jan Fenelon

SilverSneakers Muscular Strength and Range of Movement

- Monday, Wednesday and Friday (ongoing)
- Time: 8:15am - 9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling



Gary and Dewanna Calhoun enjoy their lunch at this years Easter Luncheon.

Strength Training

- Monday, Wednesday & Friday
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

- Tuesday and Thursday
- Time 9:30am - 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Monday and Wednesday
- Time: 8:30am
- Location: Senior Center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursday
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Beginners welcome



Erma Burton Peggy Fogle serve desserts at this years Easter Luncheon.



Lucky winner at our mini-health fair 2013!

Spring 2013 BRANCH SITE SCHEDULE

Core Conditioning

- Tuesday and Thursday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Drawing

- Wednesday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Tuesday each month
- 9:00am
- Lynn View Branch Site
- Please call for reservation

Strength Training

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesday 10:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

SilverSneakers Yoga Stretch

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Diane Broyles

SilverSneakers Muscular Strength and Range of Movement

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickleball

- Monday, Wednesday & Friday
- Time: 2:00pm - 4:00pm
- Lynn View Branch Site

Ageless Grace


- 6 week class
- Wednesday
- Time: 11:30am
- Location: Colonial Heights Baptist Church
- Instructor: TBA

Indoor Walking

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Zumba Gold (lower impact)

- Wednesday and Friday
- Time: 11:00am
- Lynn View Community Center
- Instructor: Rita Justis

<div data-bbox="110 475 681 615">  Kingsport Adult Education </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p>JOB SKILLS</p> <p><u>Beginning Computer Literacy</u></p> <ul style="list-style-type: none"> • 6 Weeks • Fee \$70 • Instructor: TBA • Wednesday 6:00pm - 8:00pm • Location: Computer Lab, Lynn View CC <p><u>2008 National Electric Code (Commercial)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee: \$70 • Monday 6:00pm - 8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>2008 National Electric Code (Residential)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee \$70 • Monday 6:00pm-8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part II • 10 Weeks • Fee: \$165 • Tuesday 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p>	<p><i>CULTURAL/ARTS/CRAFTS</i></p> <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none"> • Instructor: TBA • Fee: \$10/includes materials • Location: Lynn View Community Center <p>You will make five cards and take materials home to make five additional cards.</p> <p><u>Beginning Clay</u></p> <ul style="list-style-type: none"> • 8 weeks class • Tuesday, 6:00pm-8:00pm • Fee: \$60 plus \$10 clay and \$10 firing fee • Instructor: TBA • Minimum: 8 students • Maximum: 15 students <p>This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete eight different projects.</p> <p><i>HEALTH/EXERCISE</i></p> <p><u>Beginning Golf Lessons</u></p> <ul style="list-style-type: none"> • 6 weeks class • Fee: \$25 • Tuesday, 6:00pm • Instructor: TBA • Call for more information <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package • Contact Chris (423-741-5643) <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • Began March 28, 2013 • 6 weeks • \$25 fee per session • Thursday, 5:15pm • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria <p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Began April 9, 2013 • Tuesday, 6:00pm • Instructor: Becky Mills • Limited to 15 participants • \$30.00 payable first night of class 	<p><i>DANCE CLASSES</i></p> <p><u>Beginning Line Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class • Fee: \$25 • Instructor: Lyna Faye McConnell • Thursday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Couples Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class • Dates same as Line Dance • Fee: \$25 or free if you take Line Dance class • Instructor: Lyna Faye McConnell • Wednesday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Salsa Dance</u></p> <ul style="list-style-type: none"> • 4 weeks class • Fee: \$10 for 4 weeks/8 classes • Tuesday and Thursday • Time: 1:00pm • Room 302, Renaissance Center • Instructor: BJ Goliday
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Kingsport-Area SENIORS!



- CONNECT ► to local resources
- CONNECT ► to local events
- CONNECT ► to local organizations
- CONNECT ► to over 50 categories of local providers with the information you are looking for!

Try out the new

www.SeniorConnectKpt.org

www.facebook.com/seniorconnectkpt

Call 2-1-1 Contact-Concern Kingsport at 423-246-2273 or 2-1-1



Congratulations to this years Kingsport Senior Art Show winners!



1st Place— Kathryn Carmack
"Loon Pond"



2nd Place— Michele Gossett
"Apple of My Eye"



3rd Place— Dan W. McMillan
"Abraham Lincoln"

Did You Know??



The light we currently see from the North Star was actually emitted in the year 1583.

Exercise is more efficient at boosting energy than caffeine.

While sleeping, most people dream every 90 min, and the longest dreams (lasting 30-40 minutes) occur in the morning.

Daytime naps help improve your memory and cut the risk of heart disease.

Teen pregnancy rates are actually lower now than in the 1970's.

It takes the brain 20 seconds before it registers that you are full.

Sumo wrestlers consume on average 20,000 calories everyday.

From the years 1945-1998, we had detonated 2,053 atomic bombs worldwide.

To this day, 95% of Earth's ocean remains undiscovered.

A lemon will float in water, but a lime will sink.

While you can go weeks without eating, you will only last 11 days without sleeping.

If you earn \$20,000 a year, one minute of your life is worth a little more than seventeen cents.

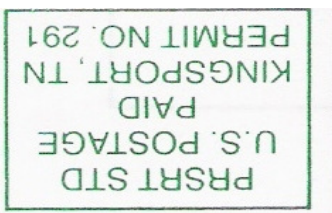
If you inhale a pea, it's possible for it to sprout and grow while in your lungs.

You can't inhale through your nose and talk at the same time.

The inner skin of a banana peel can be used to help whiten your teeth.

We spend about 10 minutes everyday looking for misplaced items.

One chocolate chip can give you enough energy to walk 150 feet.



**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

Picnic at Warriors

Tuesday, May 21, 2013

Warriors Path State Park

11:30am-1:30pm

Cost: Bring a side dish

**Hotdogs and burgers
with trimmings!!**

**Entertainment by:
Daisi Rain**

Sign up began April 24.